



## **Dyer County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Dyer County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Dyer County School System that includes:

- Dyer County Health Council membership
- A School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened through yearly student wellness screenings on K, 2, 4, 6, 8, and 10<sup>th</sup> grades, Healthy School Team Meetings at each school, Healthy School Team utilize School Health Index to form their action plans.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 119,500.00.

Community partnerships have been formed to address school health issues. Current partners include:

- North West Council on Children & Youth
- Dyer County Sheriff's Department
- Dyer County Interagency
- Dyer County Community Advisory Board
- Dyer County School System Advisory Board
- Dyer County UT Extension Agency
- Dyer County YMCA
- Dyersburg Parks and Recreation
- Dyer County Health Department
- Dyersburg Regional Medical Center
- West Tennessee Healthcare
- Trimble Lion's Club
- Tennessee Rural Health Association
- Department of Children's Services
- Dyersburg State Gazette

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities such as Pioneering Healthier Communities Committee, Photo Voice Project, Food Fiesta Volunteers, and Healthy School Team Members. Approximately 30 parents have partnered with CSH

Students have been engaged in CSH activities such as Healthy School Team Members, volunteers at Healthy Kids Day, volunteers at annual health screenings, volunteers with sports physicals, Photo Voice participants, Walk Across Tennessee, VERB, and UT Extension TNCEP/FYI: Food Youth Initiative. Approximately 30 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Dyer County School System, the following health interventions have taken place:

In 2009- 2010 school year 1626 students were screened in the annual health screening and 781 were referred due to BMI, hearing, vision or scoliosis;

10,848 students have been seen by a school nurse 9,851 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. According to 2009-2010 data 39% of the students were overweight and 23% were obese. This percent has great decreased since the beginning of the program in 2007 when 51.6% of the students were overweight and 26.8% of the students were obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include PE/PA equipment for all 8 schools, bullying curriculum in addition to Michigan Model, ball chairs for one class at 6 of the schools, additional playground equipment for one of the schools, elliptical have been added to the staff fitness rooms at three of the schools, zumba has been purchased for one of the schools staff fitness rooms and for the middle schools PE class, educational DVD's for all five elementary schools, three otoscopes have been purchased for three of the nurses and 2011 drug guides have been added to each nurses station;

Professional development has been provided to school health staff. Mental health 101 in-service and diabetes training handouts have been provided for all teachers. Coordinator attended National School Nurse Conference;

School faculty and staff have received support for their own well-being through a free health screening provided by CSH, Walk Across Tennessee, Loose Win Challenge, and Tennessee department of Health "Get Fit Tip". CSH helps promote physical activity at each school for the staff members by adding to the staff exercise rooms each year.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum is in place in all eight schools. Counselors, nurses and CSH coordinator teach family life to all 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> graders;

- Physical Education/Physical Activity Interventions – Verb, Walk Across Tennessee, Mile Run, and 90 minute physical activity goal. All 8 schools meet the 90 minute physical activity goal per week, through structured PE, walking, running, and weight training;
- Nutrition Interventions – fresh fruits and vegetables served everyday at every school, fryers moved out and replaced with combi ovens at 3 of the 8 schools. All schools have cut back on the days for frying food, providing healthier foods each day;
- Mental Health/Behavioral Health Interventions – Our mental health team is continuously working to improve and maintain the structure of the team.

CSH has been in place in the Dyer County School System since 2007 and statistics prove with our BMI rates that CSH is being very effective. BMI rates have dropped from 51.6% to 39% overweight and 26% to 23% percent obese over the past four years. CSH has worked hard to increase physical activity in each school. CSH will continue to strive to decrease the BMI percentages and to better the well being of each child in the the Dyer County School System.

In such a short time, CSH in the Dyer County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSI), please contact the Coordinator.

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